

BLISSFIELD COMMUNITY RECREATION SOCCER 2004

The Blissfield Community Recreation Soccer Program is about what is best for young soccer players and their development. Traditionally, youth soccer programs are viewed from an adult perspective; using the 11 –on –a-side reference. Our program is designed to be played on a smaller field with fewer participants per side. This is often referred to as “short sided soccer.”

We need to remember these important points about young players:

- Children need to be treated as children, not as mini-adults.
- Children are essentially self-oriented and only relate naturally to a friend or two, not to large groups.
- Children cannot sustain prolonged activity and function best with frequent rest periods.
- Children have a limited span of attention, so frequent activity changes are necessary.
- Children focus best when learning activities that are fun.

Many of our coaches are first time coaches with little free time. Short sided soccer is a way to ease adults into coaching as well as ease children into playing.

Be creative and remember children play games to have fun. Short-sided games help ensure children have fun and at the same time maximize their learning opportunities.

GENERAL GUIDELINES

A. Number of Players

1. Maximum number of players on the field at any time: ____; one of who may be a goal keeper.
2. Substitutions: Between periods and at halftime. (exceptions will be made for injury or emergency)
3. Playing time: Every player should play a minimum of 50% (preferably 75%) of the total playing time. No player should play four periods unless everyone has played three periods.

B. Players Equipment

1. Footwear: Soft-cleated soccer shoes or tennis shoes.
2. Shin Guards: **Mandatory** for both practices and games.

C. Duration of Games

1. Four ____ minute periods.
2. Half time breaks of five to ten minutes.

D. Instruction and Development is our Goal

1. One coach is allowed on the field during the game as long as they do not interrupt the flow of the game. Additional coaches/parents must remain on the sideline.
2. Scores of games and team standings will not be recorded. Games (and practices) should be approached with a desire to build skills as well as an

enjoyment for the sport. There will be plenty of opportunities in the future for intense competition.

3. Coaches are to be aware so as not to “run-up” the score in any given game.

E. Referees

1. Our referees are basically volunteers and we are grateful for their help.
2. Referees approach to the game is with a “safety first” attitude.
3. Referees will also work in helping to instruct where violations occur; not just to penalize.

If you have any question, concerns, or need help----please call:

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